



TANTIA UNIVERSITY JOURNAL OF HOMOEOPATHY AND MEDICAL SCIENCE

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REVIEW ARTICLE

IMPORTANCE OF RITUCHARYA AND DINCHARYA REGIMNE

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Abstract

Received- 06/07/2023
Revised- 25/08/2023
Accepted- 30/08/2023

Key Word- Ayurveda,
Ritucharya, Dincharya

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In Ayurveda, the principles of Ritucharya is related with living one's life according to the flow of the seasons The word Ritucharya is derived from two different words i.e. 'Ritu' means 'season' and 'charya' means 'regime'. The flow of Nature energy changes with changes in seasons. For example, flowers bloom in spring and shed their blossoms in the fall. In same manner human health and energy gets affected by shifts in the seasons and environment, and failure to adapt to these changes can lead to illness.

INTRODUCTION

Ayurveda is a medical science which look after on both physical and mental health with both preventive and curative methods but it mainly prefer the preventive methods that's why there is saying "Prevention is better than cure"*First line of treatment is Nidanprivarjana* as its name says activities under this focuses on to avoid occurrence

of diseases and for that various regimen like Dincharya, Ritucharya are given. Ancient lifestyle was slow and there was not any fast forward works so the people lives their life freely and enjoy their work. In Mean time they also have time for themselves so they perform Yoga and Pranayam which kept them healthy and those enjoys the long and happy life. But in today's time peoples schedule become

so hectic that they don't have time for themselves and due to this lifestyle diseases are increasing with time Lifestyle diseases are the diseases primarily based on daily habits of people because of In appropriate relationship with environment. most common lifestyle diseases include Hype Diabetes, Arthritis, obesity & Insomnia. In studies we found out that sleep of 7-8 hours in an Adult is helpful with hypertension, cardiovascular diseases anxiety, obesity etc. which are generally due to lifestyle disorder In this article we will know the importance of Ritucharya and Dincharya

RITUCHARYA

An Ayurvedic script states that , “As is the macrocosm, so is the microcosm.” This means, changes in the environment also affects our internal and external body. Because the Changes in seasons also cuases by variations in lengths of daylight, levels of humidity, and temperature shifts. If our bodies adjust properly by desiring different types of food, altering our sleep/wake cycle according to sunrise and sunset, and changing our energy levels, we maintain homeostasis and all is well. It is to be expected that when autumn sets in, we desire warmer, heavier foods (soup anyone?) and have a tendency to sleep more. Summertime brings about a longing for cool drinks and light fare, staying up

late and rising early with the sunrise. This represents ideal Richucharya.

As we have learned, seasons have Gunas that pacify one Dosha and aggravate another. Summer, which is Pitta season, naturally aggravates Pitta following the premise “like increases like”. Considering that Pitta is hot, dry, and mobile, it is possible summer will also increase Vata by the end of the season. Because autumn is the next season, this sets us up for excess Vata at a time when we need to decrease it, potentially causing problems like constipation, dry skin, joint pain, fatigue, anxiety, and inability to focus

As our biological energies change along with the season, i.e. a shift in the universal energies, it becomes important to follow a ritucharya routine to maintain an ideal dosha balance. For example, eating foods that cool the body like citrus fruits, coconut, chickpeas, quinoa, and avoiding spicy foods, practising yoga and swimming are the best combinations of dinacharya and ritucharya in summer—Pitta Dosha.

Keeping the body moisturised with Abhyanga, eating root vegetables and ground foods like sweet potato, radish, carrot, beetroot, lentils, pistachios, etc. are essential during late winter and early spring—Vata Dosha. For Kapha Dosha which is autumn and early winter, dry

granola and wholegrain foods are beneficial with morning meditation.

DINACHARYA

The second step is getting back on a good routine. Summer in India are very hot and dry, but with fall comes the need to restore order. *Dinacharya* is the name given to daily routine and it couldn't be more important than it is during Vata season.

1. **Try to go to bed at the same time each night** (no later than 10pm) and set your alarm for no later than 6am each morning.
2. **Begin your day with deep breathing exercises** (Pranayama) to stimulate the nervous system and energize your body.
3. **Take a look in the mirror and note the coating on your tongue.** This may sound strange, but the coating on your tongue can tell a lot about what is happening internally. Is the coating white, gray, or yellowish? Is it thick or thin? Do you have cracks or crevices? Changes in your diet and lifestyle will affect the look of your tongue and you will begin to see these shifts.
4. **Favor warm, unctuous, nourishing meals over raw salads or astringent fruits.** Eating grains, oils, root vegetables, avocados, spices, and dairy products (in moderation) and drinking warm beverages pacifies Vata.

5. **The dry and cool properties of autumn give rise to dehydrated skin.** Indulge in self massage, or Abhyanga. Applying warm oil to the body, especially to the head and feet, is soothing to Vata Dosha and skin. Avocado or sesame oils, especially if infused with pacifying Vata herbs, such as dashmula, bala, or ashwanganda, are excellent choices.
6. Exercise during Vata season should be restorative and done indoors, especially if you are of Vata constitution. Avoid wind, cold, and harsh conditions. This is a time for rebuilding and repairing tissue, working on strength and flexibility, and reducing cardio workouts.

Setting up a dinacharya proves to be beneficial in all aspects of life. In today's time when many of us fall prey to problems like stress, sleep deprivation, obesity, mood disorders, health problems (cardiovascular) and mental health issues, following a daily routine proves to be advantageous and sets a path to wellness. It keeps us in harmony and in sync with nature and maintains the overall balance between our body, mind and soul. Keeps the toxins at bay and helps strengthen the body's immunity as well. Following a regimen brings discipline and is a step towards removing anxiety and bringing internal peace. Integrating yoga asanas and

meditation into our dinacharya is a way of relieving mental stress and tension. The highlight of dinacharya routine: dosha balance

Our bodies are comprised of the three types of doshas: Vata, Pitta and Kapha. The five elements of nature—earth, water, fire, air and space—make up the three doshas, Vata (air + space), Pitta (fire + water) and Kapha (earth + water) which are found in different percentages in different human beings. Doshas, according to Ayurveda, influence a person's physical, psychological, emotional and social attributes. Following the right physical exercises and dietary routine, therefore, helps balance the natural dosha of the body and corrects any imbalances.

DISCUSSION

Ritucharya and Dinacharya are part of precious indigenous system which helps in living healthy lifestyle and keep human being energetic but in this modern world there are various diseases related to

lifestyle disorders like Constipation, Respiratory diseases laziness and many more in recent studies it is found that by following a proper Dinacharya and ritucharya activities can keep our body diseases free and give us a strong immune system which gives confidence to live a happy life.

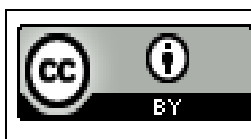
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How to Cite this Article- Saini N., Sharma S., Archana, Khushboo, Importance Of Ritucharya And Dinacharya Regimne. *TUJ. Homo & Medi. Sci.* 2023;6(3):31-34.

Conflict of Interest: None

Source of Support: Nil



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